



City of Gaithersburg Press Release

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For Immediate Release

Move, Play & Grow with Virtual & In-Person Spring Recreation Programs New this Season! Virtual Zumba & Pilates Bundles

Gaithersburg, MD – (February 22, 2021) Move, play and grow with spring recreation programs. From in-person socially distanced fitness classes to online activities that allow you to workout, dance and learn from the comfort of your own home, we've got things to do all spring long while we all stay safe. Registration opens for City of Gaithersburg residents on March 1. Open registration begins March 3. Explore our spring offerings and register [online here](#).

With programs for preschoolers, youth, teens, and adults, you'll discover an array of fitness, dance, and special interest classes. Virtual offerings include fitness, ballet, group music, wellness, and healthy eating seminars. In-person activities are also available and are subject to change due to the continuing public health crises. In-person offerings include yoga, group music, dance, and fitness opportunities as well as Yoga on the Green and Zumba in the Park.

Tone, burn fat, and build muscle all while dancing with our [Virtual Zumba Bundle](#). Take one, two, or all three classes, including Zumba Fusion 101 and Zumba Toning. Improve strength, flexibility, and balance of both the body and the mind with our [Virtual Pilates Bundle](#). Classes include Pilates - Classical Mat and Stretch and Balance.

Push away from the screen and give yourself a mid-day infusion of oxygen with Office Break: Stretch and Energize on [Mondays](#) and [Wednesdays](#). All you'll need is a bit of space, a stable chair, a strap, and light hand weights (if available). Dress to move as we will build up heat, release tension, strengthen and stretch those muscles that are compromised by too much sitting! YOU are essential, so take the time for self-care.

Explore all of our recreation class and programming offerings at gaithersburgmd.gov/recxpress. Sign up for our newsletter on the City's [website](#) and follow us on Facebook [@GaithersburgRecreation](#) and on Instagram [@GburgPRC](#). For more information, call 301-258-6350.

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